



ATTENTION RESIDENTS
EXCESSIVE HEAT WARNING

June 10, 2021

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses.
- Remember to put on SPF 15 or higher.
- Sunburn can significantly slow the skin's ability to release excess heat.
- If you walk your dog, please do so in the morning or evening hours. The hot pavement can cause injuries to your pets' paws.
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If you have any issues with your air conditioner or thermostat, please contact SECURITY immediately at 480-861-8326

Tips for Preventing Heat-Related Illness:

- Drink more fluids, regardless of your activity level. If you are out and about, there are water dispensers located in the main lobby, Center Community Room and Grand Community Room for your use.
- Consider meal delivery or eating earlier in the day to avoid being out during the hottest time of the day.
- Do not wait until you are thirsty to drink.

- Do not drink liquids that contain caffeine, alcohol, or large amounts of sugar because these can cause you to lose more body fluid.
- A sports beverage can replace salts and minerals that are lost when sweating.
- If possible, stay indoors and in an air-conditioned place.
- Limit use of stoves and ovens to keep home temperatures lower.
- A cool shower or bath is also an effective way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone (including pets) in a closed, parked vehicle.
- Groups that are at greater risk of suffering from heat-related illness: Infants and young children, people age 65 or older, people who have a mental illness, those who are physically ill, especially with heart disease or high blood pressure.

**IF YOU ARE EXPERIENCING ANY HEAT-RELATED
ILLNESS or SYMPTOMS, PLEASE CONTACT 911
IMMEDIATELY**

STAY SAFE!

Many Blessing,

Rena Phillips, Executive Director